

# Richmond Refinery Health and Safety Fair



Thursday, August 23<sup>rd</sup> from 10-1pm  
Friday, August 24<sup>th</sup> from 10-12pm  
Refinery Cafeteria

# *“Treasure your Health and Safety”*



Each year the Health and Safety Fair Committee strives to bring unsurpassed exhibitor displays of the emerging trends related to:

- work/life balance
- nutrition
- ergonomics
- stress
- exercise
- outdoor recreation
- home safety
- vehicle safety
- and workplace safety



# Staying Fit For Safety



There are many motivations for maintaining physical fitness.

\*\*\* **One of them is improving your ability to work safely.**

It can be hard to fit exercise into a schedule which is already too busy. But it can be done. The best way is to work exercise into your daily routine.

## **Suggestions:**

- Walk or bicycle to or from work. You could also walk or bike to the place where you catch your bus, commuter train or carpool.
- Make a habit of taking the stairs as often as possible.
- Also get in the habit of walking instead of driving when you are running errands.

## How to work exercise into your daily routine suggestions continued...



- Do stretching exercises and warm-up exercises right at your work station before your shift and during short breaks. (i.e. Morning Warm Up Stretches, Fit Breaks, WorkPace micro pauses and breaks!)
- On your lunch break, maybe you can fit in a quick walk, run, swim or other workout. ([Group Exercise Schedule](#))
- Make exercise part of your social and family life by having some active fun with friends and family members.
- Join a community recreation center or a gym.  
[Fitness Center Membership Application](#)

*Some of the benefits of exercise include being stronger and more flexible. You'll probably have a more healthy appetite and sleep better. You might just generally feel better. Also, your better physical condition might give you an extra edge in avoiding accidents and injuries.*



# Stress Overload Can Affect Your Safety



**STRESS**: Everyone has it and it isn't all bad. But when we suffer from stress overload it can affect our health, and even our ability to work safely.

A reasonable amount of stress can motivate us to work better and faster. But excessive stress can cause many problems such as health difficulties. It can also keep us from concentrating on working safely.

## **Here are some of the symptoms of too much stress:**

- Sleeping difficulties.
- Feelings of anxiety and of being overwhelmed.
- Being short-tempered and uptight.
- Physical sensations such as tense muscles, headache or upset stomach.
- Abuse of substances such as food, cigarettes, alcohol or drugs.

*Excessive stress is a common problem in today's hectic world.  
Learn to manage stress to maintain your health -- and your safety.*



These suggestions might give you some ideas of how to cope with stress:

- Maintain general good health. Eat nutritious meals regularly each day. It is important to get adequate sleep and rest. Exercising daily or at least several times a week will also help you to stay strong enough to cope.
- Avoid drugs. When we are under stress, it is tempting to turn to this kind of relief. However, the abuse of drugs such as alcohol, caffeine, nicotine, prescription drugs, over-the-counter remedies and street drugs will eventually just add to your problems.
- Special relaxation techniques might prove helpful. One of the most simple of these techniques is taking a number of deep, slow breaths and exhaling completely. Another involves deliberate progressive relaxation of different muscle groups.
- Find someone to talk to. Problems become more manageable when you discuss them with a friend, a member of your family, a clergy person or a counselor. (EAP)

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Learn to manage stress to maintain your health -- and your safety.*



- Give some thought to your priorities. You can't do everything and you can't be responsible for everything.
- Other problems can perhaps be ignored. Many of the things we worry about are beyond our control or never actually affect us.
- Learn to relax on your time off from work and other responsibilities, even if it is very short. Every day do something you enjoy.
- Learn to set realistic goals. If you are working toward specific goals, day-to-day difficulties are easier to handle.
- Learn to manage yourself to make the most of the time which you have each day. You might find it useful to get up a little earlier each day or leave for work a little earlier so that you don't feel rushed.

# Vendors attending the Fair this year



## Health/Fitness:

- ACRC
- American Industrial Care
- Massage by Michelle
- Richmond Country Club
- Richmond Refinery Fitness Center

## Educational:

- American Red Cross Blood Services
- Asian American Donor Program
- Bright Horizons
- Kaiser Permanente
- Kid's Turn
- MADD
- Prostate Awareness Foundation
- Richmond ETC – Food Drive Festival
- USGS Earthquake Science Center



# Vendors attending the Fair this year



## Medical:

- Blood Centers of the Pacific
- Bright Now Dental
- Concentra Medical
- Doctor's Medical Center
- Dr. Teresa Van Woy
- Health Net of California
- Hercules Wellness Center
- Lifeworks – Ceridian Corporation
- Newman Lasik Centers
- Prostate Conditions Education Council
- Rixen Chiropractic
- Teresa Julian DDS
- United Concordia
- United Health Care
- VSP
- West County Optometry

# Vendors attending the Fair this year



## Safety

- Air Products and Chemicals, Inc.
- Bay Alarm
- BW Technologies by Honeywell
- CH Bull Co
- Chevron Fire Department
- Chevron LPS Team
- DISA, Inc
- DuPont
- Encon Safety Products
- Industrial Scientific
- Kimberly-Clark, Jackson Safety Products
- Master Lock
- NOV WILSON
- OCSA/Care On Site
- Pelican Products
- Petrochem Insulation, Inc
- RSC/United Rentals
- S&S Supplies and Solutions

# Vendors attending the Fair this year



## Work/Life Services:

- Chevron Corporate Health and Medical
- Chevron Federal Credit Union
- Chevron Health and Medical – Disability Management
- Chevron Recreation
- Chevron Richmond Ergonomic Rapid Response Program
- Chevron Services Company – Office of Global Diversity and Ombuds
- Chevron Services Company - EAP

# Health and Safety Fair – “Treasure your Health and Safety”



## Dates:

- Thursday, August 23<sup>rd</sup> from 10am-1pm
- Friday, August 24<sup>th</sup> from 10am-12pm
  
- If you are interested or would like more information about any of the vendors, please contact: Allison Beane (AIWP)
  
- **ATTENTION: Operations**
  - Please fill out the Survey on the next slide and return to Allison Beane at the Fitness Center, Room 1.
  - **First 100 people to return the survey by September 24, 2012 will receive a Health and Safety Fair T-Shirt.**



# Operations Survey



1. What do you think is your greatest health and/or safety risk?
2. If you could add one new healthy routine to your day what would you do?
3. Please give us your suggestions on how we can make you feel more involved with the Annual Health and Safety Fair?

Name	
CAI	
Phone	
Work Location	
Crew	
T-Shirt Size	